

# June Activities – Emmitsburg Senior Center

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| Mondays<br>8:30-3:30   | Tuesdays<br>8:30-3:30  | Wednesdays<br>8:30-3:30   | Thursdays<br>8:30-3:30   | Fridays<br>8:30-3:30   |
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| <p><b>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Activities are subject to change.</b></p> | <p>Monday- Friday Pool Shooters are welcome 8:30 – 3:30</p> <p>Monday- Friday Wii games are available, how about a game of golf.</p>   | <p>Departments Trips:<br/>Friday June 8<sup>th</sup> Virginia Sperry Studio and Sculpture Garden.<br/>Friday June 15<sup>th</sup> Historical Society Museum</p> | <p>Any questions about the calendar or programs call Linda @ 301-600-6350</p>  | <p><b>1</b><br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 *Lunch<br/>Noon Canasta<br/>1:00 *Tai Chi<br/>1:00 Groceries for Seniors @ FSC</p> |
| <p><b>4</b><br/>8:30 Cards, games &amp; puzzles<br/>10:00 Exercise<br/>12:30 Leave for bowling at Thunderhead<br/>1:30 Art class</p>         | <p><b>5</b><br/>8:30 Nutrition Minute<br/>10:00 Strength Training<br/>11:00 Chat with Joy: Adult Day Care/ Christina Forbes<br/>11:30 lunch<br/>1:00 Cards , games and puzzles</p> | <p><b>6</b><br/>8:30 Nutrition Minute<br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 *Lunch<br/>12:30 Cards and Games<br/>1:00 Pickle Ball</p>               | <p><b>7</b><br/>8:30 Nutrition Minute<br/>10:00 Strength Training<br/>11:30 *Lunch<br/>12:00 Essential Oils and How they Work.</p> | <p><b>8</b><br/>8:30 Nutrition Minute<br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 lunch<br/>Noon Canasta<br/>1:00 *Tai Chi</p>             |
| <p><b>11</b><br/>8:30 Cards ,games &amp; puzzles<br/>10:00 Exercise<br/>12:30 Leave for bowling at Thunderhead<br/>1:30 Art class</p>        | <p><b>12</b><br/>10:00 Strength Training<br/>11:00 Nurse Steve BP'S &amp; How Dry I Am, discussion on dry mouth and swallowing difficulties.<br/>11:30 Lunch</p>                   | <p><b>13</b><br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 *Lunch<br/>Noon Bridge<br/>12:30 Cards and Games<br/>1:00 Pickle Ball</p>                        | <p><b>14</b><br/>10:00 Strength Training<br/>11:30 *Lunch special meal<br/>12:30 Cards ,games &amp; puzzles<br/>12:30 Crafts</p>   | <p><b>15</b><br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 Father's Day Barbeque<br/>12:00 Canasta<br/>1:00 * Tai Chi</p>                    |
| <p><b>18</b><br/>8:30 Cards ,games &amp; puzzles<br/>10:00 Exercise<br/>12:30 Leave for bowling at Thunderhead<br/>1:30 Art class</p>        | <p><b>19</b><br/>10:00 Strength Training<br/>11:00 cards, games &amp; puzzles &amp; trivia challenge<br/>11:30 *Lunch</p>  | <p><b>20</b><br/>10:00 Hoop Shoot<br/>10:00 Exercise<br/>11:30 * Lunch<br/>1:00 Pickle Ball</p>   | <p><b>21</b><br/>10:00 Strength Training<br/>11:30 *Lunch<br/>12:30 Cards ,games &amp; puzzles</p>                                 | <p><b>22</b><br/><br/><b>SOCK HOP</b><br/>sponsored by Brunswick Senior Center @ Jefferson Ruritans Building<br/><b>Center Closed</b></p>        |
| <p><b>25</b><br/>8:30 Cards, games &amp; puzzles<br/>10:00 Exercise<br/>12:30 Bowling<br/>1:30 Art Class</p>                                 | <p><b>26</b><br/>10:00 Strength Training<br/>11:00 Memory Café Stress Free Seniors<br/>11:30 *Lunch</p>  | <p><b>27</b><br/>10:00 Exercise<br/>11:30 * Lunch<br/>Noon Bridge<br/>12:30 Cards and Games<br/>1:00 Pickle Ball</p>  | <p><b>28</b><br/>10:00 Strength Training<br/>11:00 Trivia<br/>11:30 * Lunch<br/>12:30 Cards Games &amp; puzzles</p>                | <p><b>29</b><br/>10:00 Exercise<br/>10:00 Hoop Shoot<br/>11:30 Lunch<br/>12:00 Canasta<br/>1:00 Tai Chi</p>                                      |